**Turkey with Spinach, Feta & Tzatziki**

Prep Time: 30 mins Total Time: 30 mins Servings: 4

Ingredients

- 1 cup frozen chopped spinach, thawed and pressed
- 1 pound ground turkey
- ½ cup crumbled feta cheese
- ½ teaspoon garlic powder
- ½ teaspoon dried oregano
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- Pita bread or rice
- Tzatziki

Directions

1. Squeeze excess moisture from spinach.
2. Combine the spinach with turkey, feta, garlic powder, oregano, salt and pepper in a medium bowl; mix well.
3. Form into disks or small balls and pan fry until cooked through.
4. Assemble into pita with lettuce, tzatziki and any other desired toppings or eat over rice.

Nutrition Facts

Calories 376

Total Fat 17g Saturated Fat 6g Cholesterol 103mg Sodium 678mg Total Carbohydrate 29g **Dietary Fiber 5g** Total Sugars 5g Added Sugars 1g Protein 30g Vitamin C 4mg Calcium 234mg Iron 3mg Potassium 586mg